

# MOTHER'S DAY

22ND MARCH

## RASPBERRY & APPLE CAKE

### INGREDIENTS

	Red apple	2 each
04285	Everyday Favourites free range medium eggs	2 each
17695	Dr Oetker vanilla flavouring	5ml
38824	Tate & Lyle caster sugar	75g
03444	Everyday Favourites extended life vegetable oil	100ml
34082	Everyday Favourites wholemeal flour	150g
25611	Dr Oetker baking powder	5g

### METHOD

- 1 Grate the apples into a bowl and discard the cores
- 2 Add the eggs, essence, sugar and oil and mix well
- 3 Whisk in the flour and the baking powder.
- 4 Then fold in the raspberries. Then place in a non stick tray
- 5 Bake in a hot oven at 180°C for 25 minutes, then allow to cool and serve



**ON THE MENU TODAY!**

# **RASPBERRY & APPLE CAKE**



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## SEARED SEA BASS WITH RISOTTO AND ROASTED TOMATO

### INGREDIENTS

01587	Everyday Favourites salted butter	60g
03444	Vegetable oil	30ml
	Diced shallots	100g
30342	Everyday Favourites risotto rice	250g
	Asparagus spears	100g
29279	Edamame beans	100g
04364	Everyday Favourites peas	100g
30419	Argento pinot grigio white wine	80ml
51918	Essential Cuisine chicken stock - diluted	500ml
50038	Sea bass fillets	5 fillets
	Cherry tomatoes	200g
07650	Maldon sea salt - bucket	6g

### METHOD

- 1 Add the beans, peas and asparagus to a pan of simmering water and cook for 3-4 minutes until just al dente. Then refresh in chilled water and drain off
- 2 Heat 30g of the butter and 10ml of oil in a pan. Add the shallots until soft and golden, then add the garlic and heat for a further minute and a half
- 3 Add the rice and stir for 1 minute, then the white wine. Add the stock a ladleful at a time and keep stirring until each one is absorbed. This will take around 15 – 20 minutes
- 4 When the rice is almost tender, add the beans, peas and asparagus and cook for a couple of minutes to heat through. Check the seasoning and stir in 20g butter.
- 5 Heat the oil in a frying pan until smoking and sear the sea bass. After a couple of minutes, add the remainder of the butter and baste the fillet. Then set the fillets to one side
- 6 Roast the cherry tomatoes with sea salt, cracked black pepper and 20ml oil until blistered
- 7 Assemble the dish by putting the risotto mix on the base of a plate, top with cherry tomatoes, sea bass and the rocket



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# SEARED SEA BASS WITH RISOTTO & ROASTED TOMATO



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## LINGUINE WITH SUN-DRIED TOMATO & BLACK OLIVE SAUCE

### INGREDIENTS

76606	Gustoso linguine	1kg
37540	Chopped garlic in oil	20g
01623	Everyday Favourites diced onions	120g
	Multi-use tomato sauce	500g
27615	Casa De Mare sun-dried tomatoes in oil (tub)	200g
07630	Casa De Mare pitted black olives	100g
89461	Casa De Mare baby capers	60g
37016	Gustoso Italian vegetarian hard cheese shavings	50g

### METHOD

- 1 Cook the pasta as per instructions on pack
- 2 Whilst the pasta is cooking, heat a large heavy based deep frying pan and add the garlic and onions. Cook until soft and slightly caramelised
- 3 Add the tomato sauce, sun dried tomatoes, black olives and capers and cook for 10 minutes until slightly reduced
- 4 By this stage the pasta should be cooked and drained and added to the sauce, gently coat the pasta with the sauce. Gently serve in your desired bowls
- 5 Top with the shavings of cheese and serve



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# **LINGUINE WITH SUN-DRIED TOMATO & BLACK OLIVE SAUCE**



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